Healthy Banana Cinnamon Waffles

INGREDIENTS

DRY INGREDIENTS

- 2 cups Whole wheat flour
- 1 1/3 cups Oatmeal flour
- 2/3 cup Almond flour
- 2 tbsp Ground cinnamon
- 2 tbsp Brown sugar
- 1 tbsp Baking soda
- ½ tsp Pink salt

WET INGREDIENTS

- 3 ½ cups Almond milk (divided)
- 4 Bananas, ripe
- ½ cup Low-fat/no-fat yogurt
- ½ cup Coconut oil

INSTRUCTIONS

1. Combine Dry Ingredients

In a large mixing bowl, combine the whole wheat flour, oatmeal flour, almond flour, ground cinnamon, baking soda, pink salt, and brown sugar. Stir well with a large spoon.

2. Prep the Bananas

In a separate bowl, mash the bananas using a fork. You can mash them as fine or as chunky as you prefer.

3. Create the Base Batter

Pour 3 cups of the almond milk into the dry mixture. Mix thoroughly until the liquid is fully incorporated.

4. Incorporate Wet Ingredients

Add the ingredients in the following order, mixing well after each addition: mashed bananas, yogurt, and finally coconut oil.

5. Adjust Consistency

Pour in the remaining ½ cup of almond milk. Stir to combine until it reaches a standard waffle batter consistency.

6. Cook

Preheat your waffle maker. Once hot, pour the batter onto the grid. Cook until the waffle is done to your liking.

7. Serve & Enjoy

Remove carefully and enjoy immediately!

STORAGE TIPS

- **Freezer:** Cook batch, cool, and freeze. Reheat in toaster.
- **Fridge:** Store uncooked batter for several days.